

Early Elementary



# Know Your Nutrition Activity Book





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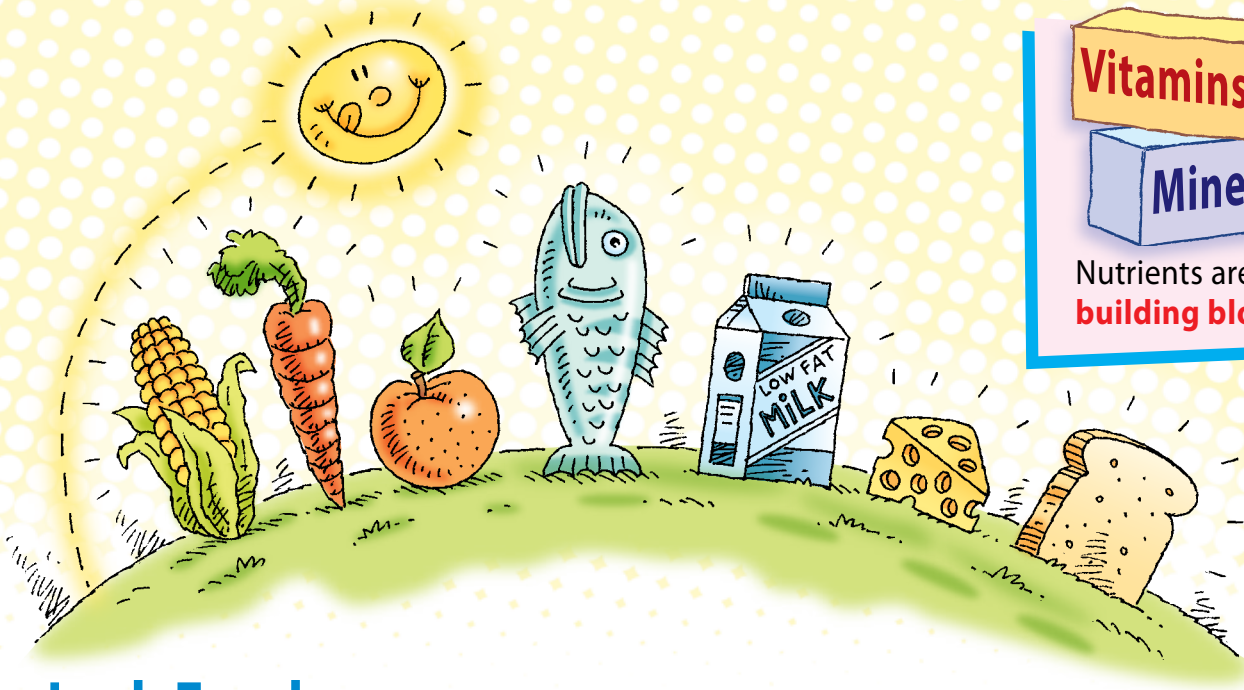
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# What Is Nutrition?

**Food should taste good when we eat!** But it should also have **"nutrients."** Nutrients are **building blocks** that keep your body strong. They are **healthy**. You need them to heal when you get sick, to grow and to stay alive. **Vitamins** and **minerals** are some of the nutrients found in food. Each one is important for a different reason.



**Vitamins**

**Minerals**

Nutrients are  
**building blocks.**

## Junk Food

All foods have **calories**. The calories are **fuel** for our bodies. But, **junk food** has **empty** calories. The calories do not have enough **nutrition**.

What would happen if an adult put **soda** in their car instead of **gasoline**? After some time the car would not work. Soon, it would destroy the car.



That is what happens when we eat too much **junk food**. We may get diseases that we do not have to get. We destroy our bodies.

Junk food may have too much **sugar and fat**. The empty calories in the sugar and fats can make your body **weigh** more than it should. If it does, your whole body has to work harder with the extra weight. Junk foods may have too much **salt** (another name is **sodium**). Too much salt is bad for your **heart**.



# Food Groups

## Eat these every day:

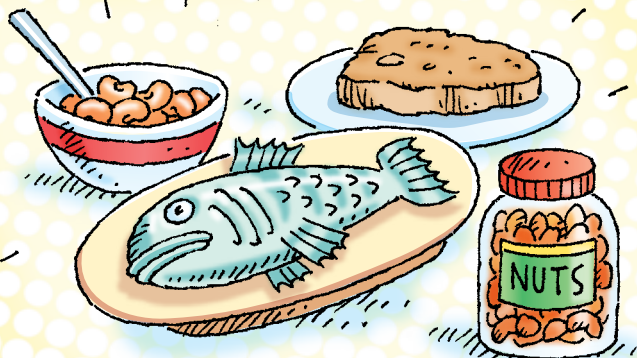
### Fruit and vegetables

Eat between **2 1/2** and **4 1/2 cups** of vegetables and fruit of every color!



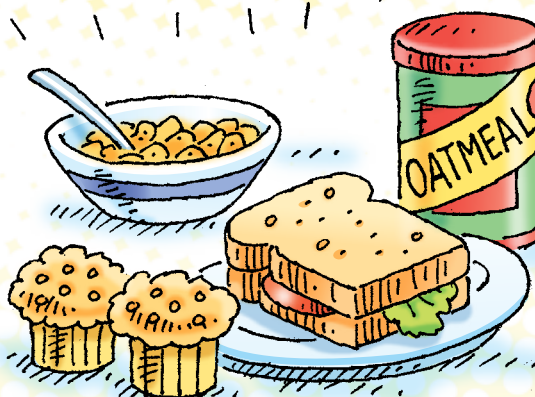
### Protein (The meat group)

Eat lean meats (without too much fat) and chicken. Eat beans, fish and nuts too. Eat **1 to 2 servings** each day.



### Grains

The best grains are whole grains. At least half of your grains should be whole grains. You need between **4-6 servings** each day.



### Dairy

Eat **2 to 3 cups** of foods that come from milk.



### Fats

You need some fats every day. The best fats come from **nuts, fish, and vegetable and plant oils**. Do not eat too much butter, cream and meat fat. These fats come from animals.

**Only 1** out of every **3** calories should be from **fats**. How many **calories** do you need? Check on page 11. Can you do the math?



# More About Food Groups

## Why are these foods so good?

Many fruit, vegetables and whole grains have a lot of **fiber**. Fiber makes you feel full even when you don't eat a lot of calories. Fiber **cleans** the inside of your body. It is like a big scrub brush!

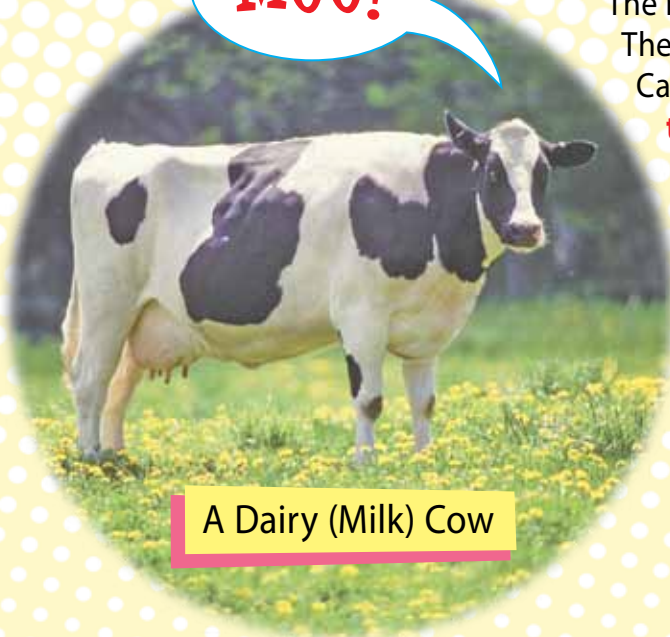


These foods also have **vitamins** and **minerals**. **Vitamin A** is good for your **eyes**. **Potassium** is a **mineral**. It can keep your **heart** healthy, and it is good for **muscles**.

## What about dairy (the milk group)?

**MOO!**

The milk group includes **yogurt**, **milk** and **cheese**. These foods have a **mineral** called **calcium**. Calcium is very good for your **bones** and **teeth**. They have **protein** and **potassium** also.



A Dairy (Milk) Cow







Just **one cup** of **milk** or **yogurt** or **1 1/2 ounces** of **cheese** count as **1 cup each**. How big is an **ounce**? It's about the size of your mom's thumb!



= **1 CUP**

**1 cup** of yogurt



= **1 CUP**

**1 cup** of milk



= **1 CUP**

**1 1/2 ounces** of cheese

## Protein (The meat group)

**Protein** also makes you feel full. Protein is needed for **healthy hair, skin** and **bones**. It helps your **muscles, blood** and **organs** work like they should.

Here are some **high-protein** foods!

You will need **one** or **two servings** of **high-protein** foods each day.



**Chicken**

**Peanut butter**

**Beans**

**1 Egg**

**Fish**





# Fruit Parfait Lesson

## Why is a fruit parfait healthy?

**Yogurt** is part of the **milk group**. So it has **calcium**, **protein** and **potassium**. But watch out for sugar! Some brands have too much. Yogurt tastes great with fresh Florida fruit and nuts.



**Blueberries** are good for your **eyes**, your **memory** and some **infections**. They have **vitamins** and **minerals** that can keep some people from getting **diseases**.



**Tangerines** have very little **fat**. They do not have any **salt**. They have potassium and lots of vitamin C.



**Strawberries** also help fight diseases and infections. They have **vitamin C** and **fiber**. Vitamin C can help you fight a **cold**.



**Oranges** have **potassium** and **calcium**. They also have a lot of **vitamin C** and other special **vitamins** and **minerals**.



### Nutrition Question:

Why is too much **sugar** bad for you?

**All Melons** have **potassium** and **vitamin C**. **Cantaloupes** are good for your **vision**.



# What About Sugar?

**Sugar** adds extra calories. But it has very little **nutrition**. Too much sugar can make you fat and rot your teeth. **Fruit** is the best sweet food because of the **vitamins**, **minerals**, and **fiber**.



An already cooked or prepared food may have extra **sugar**. Look at the **ingredients** on many frozen, canned or packaged foods. Fewer "**g**"s or **grams** are better.

Serving Size	1 cup
Servings per Container	8
Amount Per Serving	
Calories 200	Cal from Fat 0
	% Daily Value
Total Fat 0g	0%
Sodium 35mg	3%
Total Carbohydrates 35g	14%
<b>Sugars 34g</b>	
Protein 0g	

Not a significant source of saturated fat, trans fat, cholesterol dietary fiber, vitamin A, vitamin C, calcium and iron.  
\* Percent Daily Values are based on a 2,000 calorie diet.

Serving Size 28 g	
Amount Per Serving	
Calories 103	Calories from Fat 15
	% Daily Value*
Total Fat 2g	3%
Saturated Fat 0g	1%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 148mg	8%
Total Carbohydrate 21g	7%
Dietary Fiber 3g	11%
<b>Sugars 1g</b>	
Protein 3g	
Vitamin A 16%	Vitamin C 11%
Calcium 11%	Iron 49%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Sometimes **different names** for sugar are used on the food's label. These are some of those different names:

<b>Brown sugar</b>	<b>Lactose</b>
<b>Corn syrup</b>	<b>Maltose</b>
<b>Corn sweetener</b>	<b>Malt syrup</b>
<b>Dextrose</b>	<b>Molasses</b>
<b>Fructose</b>	<b>Raw sugar</b>
<b>Glucose</b>	<b>Sucrose</b>
<b>Honey</b>	<b>Syrup</b>
<b>Invert sugar</b>	

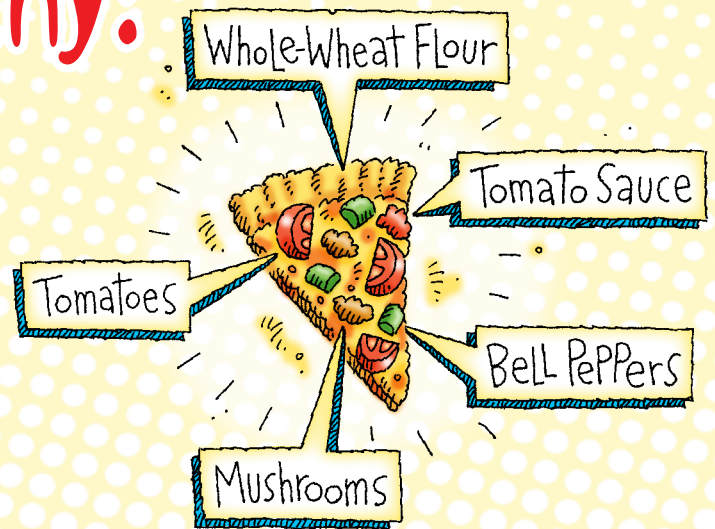
Read the **food label** on your favorite food from the grocery store. How many **different words** for sugar do you see?

_____	_____	_____
_____	_____	_____
_____	_____	_____



# Why Are Some Pizzas Healthy?

**Pizza** can be nutritious if it is made with **whole grain flour**, **tomatoes**, and a lot of **vegetables**. **Cheese** has **calcium** but it also has fat calories; do not eat too much. You can also add **lean hamburger**, **chicken** or other **lean meats** for **protein**.



**Bell Peppers** have **vitamin A**, **vitamin C** and **vitamin B6** (red peppers have the most). So bell peppers are good for your **eyes**, **hair** and **bones**, and help fight colds.

**Tomato sauce** has **potassium**. Remember, it is good for **muscles** and **skin**. **Potassium** can also help keep people from getting **heart attacks**.



**Mushrooms** have lots of healthy **minerals**. They also fight **bacteria**.



**Tomatoes** have **vitamin A**. Vitamin A helps you **see well**. Vitamin A keeps **hair**, **bones** and **skin** healthy. **Cooked tomatoes** have a special ingredient called **lycopene**. Lycopene may keep some people from getting **cancer**.

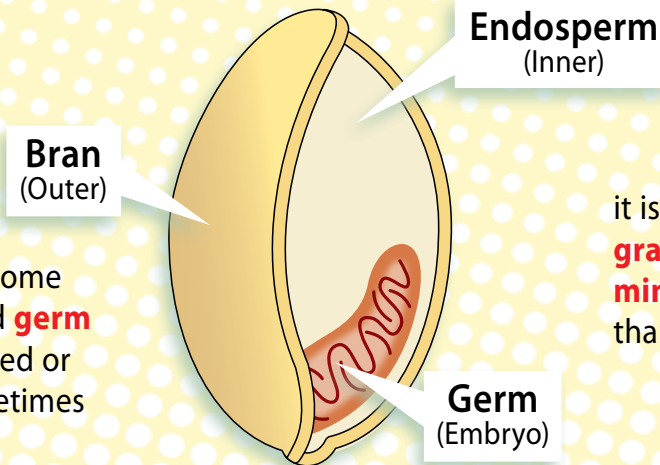


# What are Whole Grain Foods?

**Whole grain foods** have all of the **grain**. They have all of the parts of the **wheat, corn** or **rice** that you can eat.

When a grain is **refined** or **enriched**, some of the **endosperm** and **germ** are **taken away**. Refined or enriched bread is sometimes called **white bread**.

## A Wheat Kernel



Foods made from **whole grains** have much more **fiber** than foods made with **enriched** or **refined grains**. Fiber is good for your **intestines** (your guts); it is good for your **heart**. **Whole grain breads** have more **vitamins, minerals** and **phytochemicals** than refined or enriched breads.

Eat between **4 and 6 servings** of **grains** each **day**. These are **one serving each**:



← **Whole grain cereal**  
(not enriched or refined)  
Serving size: 1 cup



← **Popcorn**  
(without butter and salt)  
Serving size: 3 cups

**Whole-wheat bread** →  
(not enriched, refined, white or multigrain)  
Serving size: 1 slice



**Whole-wheat pasta**  
(not enriched pasta)  
Serving size: ½ cup



← **Brown rice**  
(not white rice)  
Serving size: ½ cup



**Oatmeal** →  
(all oatmeal is wholegrain)  
Serving size: ½ cup



**Whole-wheat crackers** →  
(not enriched crackers)  
Serving size: 5-8 crackers





# How Many Fruit And Vegetables?

## How much is a cup?

**One whole fruit or vegetable** is the same as **1 cup**.



## These also count as 1 cup:

**1** small glass of orange juice, tomato juice or apple juice



**12** baby carrots



**2** stalks of celery



**8** large strawberries



**2** cups of salad greens, lettuce or spinach



**1** slice of watermelon



**1/2** cup of dried fruit like raisins, or dried apples



**1** cup of most vegetables or fruit diced (Diced means cut into little pieces)

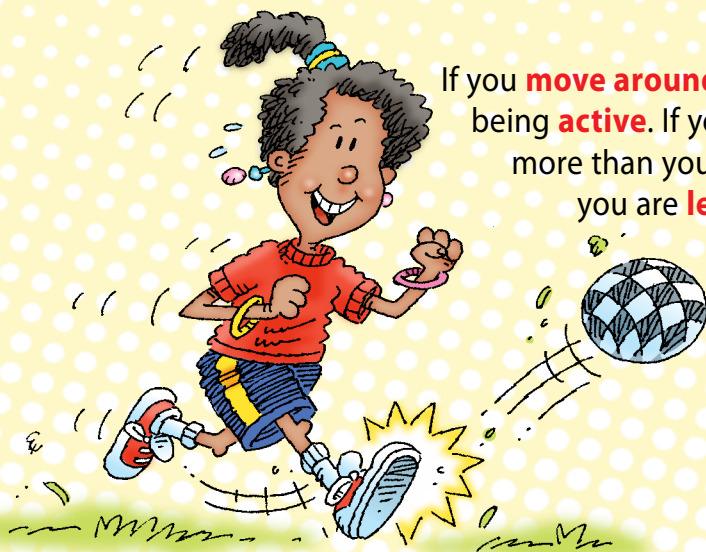


**1** cup of cooked beans or peas





# What Your Body Needs:



If you **move around a lot**, that is called being **active**. If you **sit** or **lie down** more than you move around, you are **less active**.



**Less active** children need **1,200 calories** each day.

1,200

**Active children** should eat enough food to get up to **2,000 calories** each day.

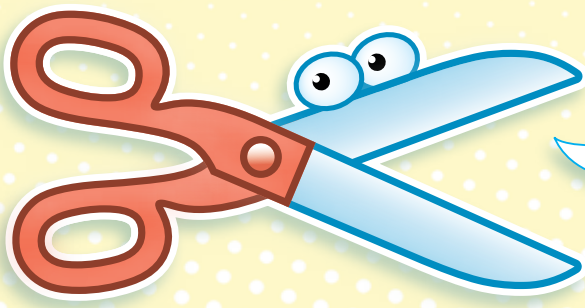
2,000

## Fruit, Vegetables and Calorie needs

How old are you? Are you a boy or a girl? Look at the **chart** below. Find out **how many servings** of **fruit and vegetables** you need. Find out how many **calories** you need.

Activity Level	Age	Fruits (cups)	Veggies (cups)	Calories needed each day
<b>GIRLS</b>				
Less active	4-8	1	1½	1,200
Average active	4-8	1½	2	1,400-1,600
Very active	4-8	1½	2 ½	1,400-1,800
<b>BOYS</b>				
Less active	4-8	1	1½	1,400
Average active	4-8	1½	2	1,400-1,600
Very active	4-8	2	2 ½	1,600-2,000





**Cut out** the **foods** below, and  
paste them on the **correct Food  
Group shape on your plate!** →



Glass of Milk



Salad Greens



Dried Raisins



Celery Sticks



Carrots



Chicken



Baked Potato



Strawberries



Kidney Beans



Carambola



Avocado



Whole-Wheat Bread



Tomato



Blueberries



Whole-Wheat Crackers



Orange Slices



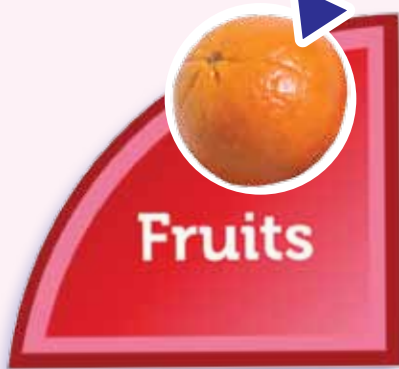
# Fill Up Your Plate with Good Foods!

**Cut out the foods** at **right** and **left**, and paste them on the **correct Food Group shape**!

Ask your teacher if you are correct!

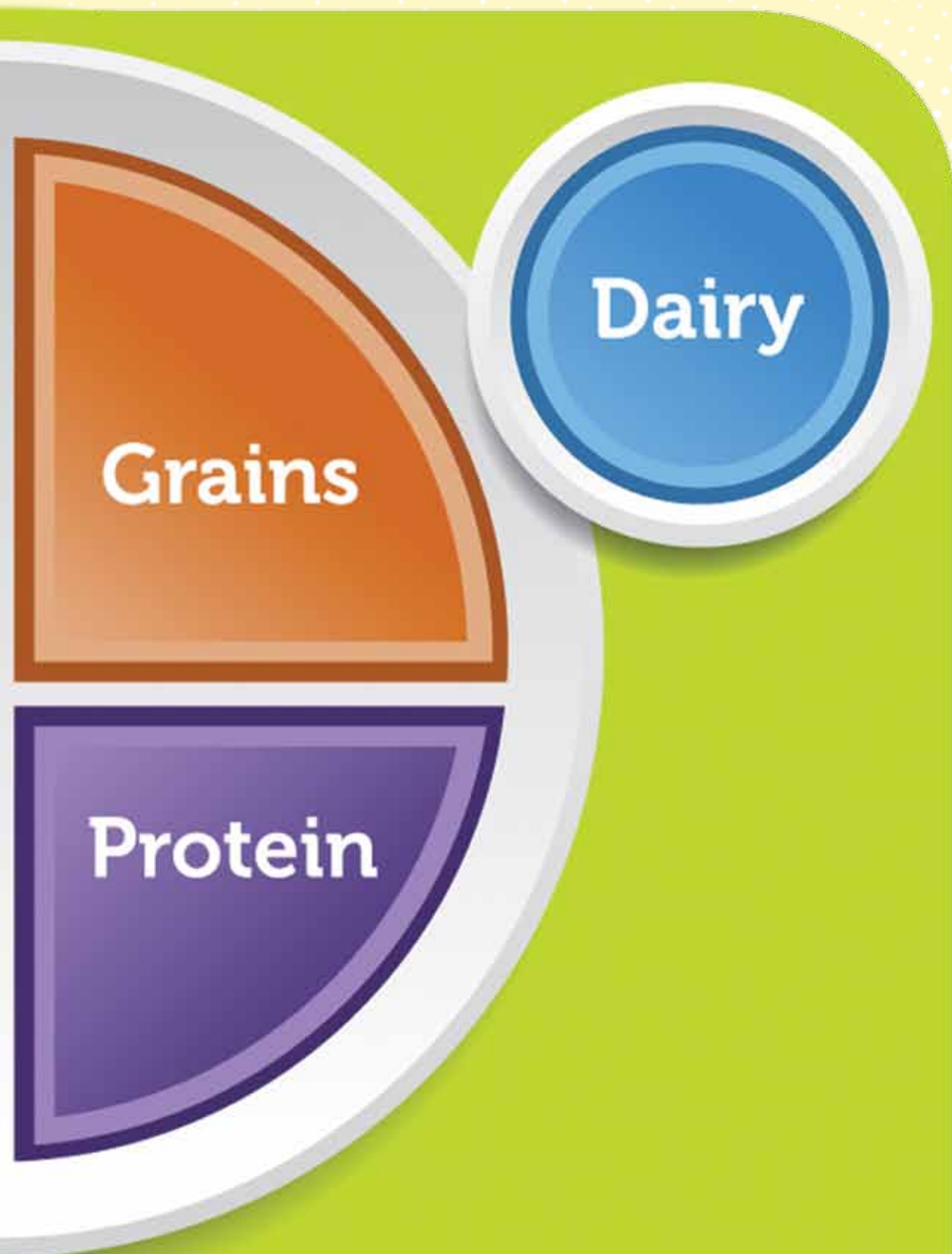
EXAMPLE:

A **Tangerine** is a **Fruit**, so it would go on the **Fruit Group** shape!



Choose**M**

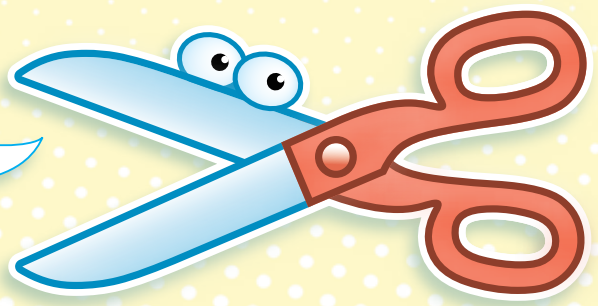




**MyPlate.gov**



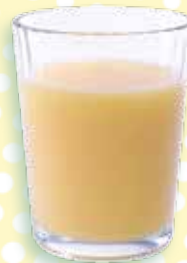
**Cut out** the **foods** below, and  
paste them on the **correct Food**  
**Group shape** on your plate!



Whole-Wheat Cereal



Cucumber



Orange Juice



Whole-Wheat Pasta



Peanut Butter



Watermelon



Sliced Fish



Yogurt



Tangerine



Egg



Ear of Corn



Popcorn



Cabbage



Sliced Peppers



Cheese



Oatmeal



# How Much Do I Need?

1

You need **3 cups** of dairy foods.  
You drank **one glass of milk** today.  
What else do you need to eat or drink to get enough **dairy**?



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2

You need **2 cups of fruit**.  
You ate **one cup of blueberries** today. What else do you need to **eat** or **drink** to get enough **fruit**?



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3

You need **4 servings of grains**.  
You ate **one slice of bread** today. What else do you need to **eat** to get enough **grains**?



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You need **2 cups** of **vegetables**. You ate **2 cups** of **salad greens** today.  
What else do you need to **eat** to get enough **vegetables**?

4



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5

You have had **8 strawberries** today. What else do you need to **eat** or **drink** to get **two cups of fruit**?



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6

You have had **no protein** today. What is a food with a lot of **protein**?



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# What Is A Food Label?

A **food label** tells us how much **nutrition** is in the **food**.

It shows the **calories**,

It shows the **fat**,

It shows the **salt** (sodium),

It shows the **protein**,

It also shows the other **nutrients** that are in the food.

It also tells you the amount of **servings**.

Food labels tell you how much of the **nutrient** is in that food. If a food label says it gives you **10%** of your **protein** for the day, you need other foods that make up the other **90%**.

Some foods are made up of many foods put **together**. A food label tells you the food that is used **most**. That food is the **first ingredient**. The food that is used **second most** is the **second ingredient**, and so on.

## Nutrition Facts

Serving Size 28 g

### Amount Per Serving

Calories 103      Calories from Fat 15

% Daily Value\*

Total Fat 2g      3%

Saturated Fat 0g      1%

Trans Fat 0g

Cholesterol 0mg      0%

Sodium 186mg      8%

Total Carbohydrate 21g      7%

Dietary Fiber 3g      11%

Sugars 1g

Protein 3g

Vitamin A 16% • Vitamin C 11%

Calcium 11% • Iron 49%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily intake should be less than the amount shown here.

## Nutrition Facts

Serving Size 1 cup

Servings per Container 8

### Amount Per Serving

Calories 200      Cal from Fat 0

% Daily Value

Total Fat 0g      0%

Sodium 35mg      3%

Total Carbohydrates 35g      14%

Sugars 34g

Protein 0g

Not a significant source of saturated fat, trans fat, cholesterol, dietary fiber, vitamin A, vitamin C, calcium and iron.

\* Percent Daily Values are based on a 2,000 calorie diet.



# Recipes

## Florida Vegetable Pizza

### Ingredients:

- (1) 9-inch whole-wheat pita flat bread
- ¼ cup premade low-fat spaghetti or pizza sauce
- ¼ cup low-fat shredded mozzarella cheese
- ½ cup total sliced Florida vegetables (bell peppers, mushrooms, tomatoes, onions, or another favorite)
- 1 teaspoon Italian seasoning

### Preparation:

Spread sauce evenly over pita.  
Evenly sprinkle cheese over the sauced pita.  
Arrange the vegetables in a fun pattern on top of the cheese.  
Sprinkle with Italian seasoning. Bake pizza on a cookie sheet in a preheated 350 degree oven for 3 to 5 minutes or until cheese begins to brown.  
Let cool slightly and enjoy.

**Serves 2**



## Fruitberry Parfait

### Ingredients:

- 2 cups low-fat vanilla yogurt
- 2 cups Florida fruit, diced (blueberries, strawberries, cantaloupe, honeydew, mango as desired)
- ½ cup granola
- Citrus for garnish
- (4) clear plastic cups, 6 to 8-ounce

### Preparation:

Layer fruit and yogurt in even layers. Top each cup with granola and garnish with citrus.

**Serves 4**





## Florida Pop-nut Balls

### Ingredients:

1/2 cup Florida honey	1 cup roasted and salted peanuts
2/3 cup smooth Florida peanut butter	4 cups popped popcorn
1 cup granola breakfast cereal	Long pretzel sticks

### Preparation:

Heat honey in a large saucepan over medium heat until bubbling.

Stir in peanut butter and blend until mixture is smooth and runny.

Remove pan from heat and stir in granola, peanuts and popcorn.

Stir popcorn mix until evenly coated. Let cool at room temperature, then refrigerate.

Use your hands to press popcorn mixture into clusters or balls. Place on flat tray and insert bamboo skewer or popsicle stick. Refrigerate for 1 hour.

**Serves 6**



## Florida Fruity Smoothie

### Ingredients:

2 cups of any Florida fruit  
If selected, remove rind and seeds from mangos, watermelon, cantaloupe, honeydew or citrus. Remove stem from strawberries. Remove ends from carambola. Chop selected fruit into large chunks  
1 cup low-fat milk  
2 cups vanilla frozen low-fat yogurt  
8 ice cubes

### Preparation:

Place fruit in blender, with half of the milk. Make sure lid is on tight. Blend fruit with milk on high speed until smooth. Add frozen yogurt, remaining milk, and ice cubes and continue to blend until smooth and creamy. Serve immediately. Pour any leftovers into an ice cube tray and freeze for later use.

**Serves 2-4**





# Recipes

## Strawberry Fun Pops

### Ingredients:

12 Florida strawberries  
12 (4-inch) lollipop or popsicle sticks or 6-inch bamboo skewers  
1 cup lightly crushed whole grain cereal  
½ cup low-fat vanilla yogurt

### Preparation:

Rinse strawberries. Slice the top off of the wide end of the berry, removing the leaves. Insert sticks into the narrow end of the strawberry. Dip berry in yogurt, then in the cereal.  
Serve immediately.

**Serves 4- 6**



## Crunchy Critter

### Ingredients:

3 cups Florida vegetables diced (cucumber, peppers, carrots, celery, lettuce, tomato as desired)  
6 whole-wheat wraps (soft tortillas)  
¾ cup low-fat cream cheese,  
¾ cup hummus spread

### Preparation:

Spread a thin layer of cream cheese or hummus (about 2 tablespoons) over each tortilla. Add about ½ cup of veggies to each tortilla. Roll up tortillas (flatten with each turn) to form a tight spiral. Use a small amount of cream cheese or hummus to seal up the rolls. Cut each roll into 5 sections.

Arrange rolls on a plate and use additional veggies to make a "bug."

### For each roll:

Create legs with 5 baby carrots cut in half lengthwise. Create the face with 1 grape tomato. Create eyes with extra diced pepper. Create antennae with 2 thin carrot strips. Stick eyes and antennae into face as shown.

**Yield 6 Servings**



## Florida Veggie Bird

### Ingredients:

1 large honeydew melon or Florida cantaloupe  
1 small Florida yellow squash  
1 cup cubed cheddar cheese  
1 medium Florida yellow pepper  
1 medium Florida red pepper  
1 medium Florida green pepper,

cut into squares  
1 cup Florida cucumber, peeled and cubed  
1 pint Florida grape tomatoes  
12-18 bamboo skewers  
1 box of toothpicks



### Preparation:

To keep the melon from rolling, cut a shallow slice off the rind to form a flat base. Attach the squash, large portion pointing up, to the melon with part of a bamboo skewer. Cut a square of green pepper or cucumber diagonally in half, forming two triangles. Cut a thin slice of red pepper for the wattle. Attach both using a toothpick to the squash. Attach two tomatoes, one for each eye, using toothpicks. Cut red pepper into six strips, use three strips per foot, and set into place (optional.) Alternate tomatoes, cheese, green pepper and cucumber on skewers to use as tail feathers. Slice red and yellow pepper lengthwise into ½-inch wide slices. Create 7-10 pieces to use as side feathers. Stick the pepper slices in place with toothpicks.

**Serves 4 to 6**



# Florida Fruit

Florida fruit taste great and they are fun to eat.  
They also help you stay healthy.

## Avocado, Florida

Oval shape with dark green skin and yellow flesh. Creamy, buttery flavor

**In season:** June through March

**Minerals:** Magnesium, Potassium

**Vitamins:** Vitamin E, Folate

**Fiber:** 13g per serving

**Calories** (1 cup mashed): 276

**Potassium is good for your heart!**



## Cantaloupe

Mostly round with light brown skin and orange flesh.

**In season:** March through July

**Minerals:** Potassium

**Vitamins:** Vitamin A, Vitamin C

**Fiber:** 1g per serving

**Calories** (1 cup diced): 53

**Vitamin A helps you grow.**



## Carambola

Deep lobes in gold color. It slices into a star shape.

**In season:** August through March

**Minerals:** Copper

**Vitamins:** Vitamin C

**Fiber:** 4g per serving

**Calories** (1 cup, cubed): 41

**Fiber is good for your digestion.**



## Blueberries

Small, juicy, firm berries with deep purple skin.

**In season:** April through June

**Minerals:** Manganese

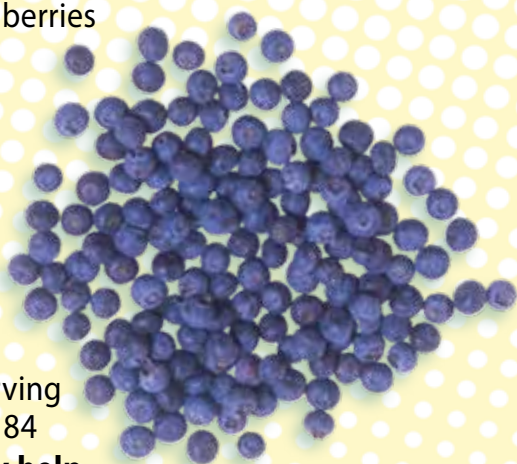
**Vitamins:**

Vitamin C, Vitamin K

**Fiber:** 4g per serving

**Calories** (1 cup): 84

**Blueberries may help your eyesight and your memory.**



## Grapefruit

A round white, yellow or pink citrus fruit that is tangy and sweet.

**In season:** November through June

**Vitamins:** Vitamin A (colored varieties only) Vitamin C

**Fiber:** 3g per serving

**Calories** (1 cup sections): 69

**The water and fiber make you feel full.**





# Florida Fruit

## Mangoes

Oval shaped with orange or rosy skin with spots. The flesh is yellow.

**In season:** May through September

**Vitamins:** Vitamin A, Vitamin B6, Vitamin C

**Fiber:** 3g per serving

**Calories** (1 cup sliced): 107

**Vitamin C keeps your blood healthy.**



## Strawberries

Medium sized red berries with a green stem and lots of tiny seeds.

**In season:** January through April

**Vitamins:** Vitamin C

**Calories** (1 cup, halves): 49

**Try a strawberry smoothie.**

**Vitamin C helps you fight sickness.**



## Watermelon

Red flesh with sweet taste with seeds

**In season:** April through July

**Vitamins:** Vitamin A, Vitamin C

**Fiber:** 1g per serving

**Calories** (1 cup): 46

**Watermelon is 88% water.**

**Vitamin A keeps your skin healthy.**



## Oranges

Round yellow or orange fruit with thick skin. Sweet and very juicy.

**In season:** October through June

**Minerals:** Thiamin, Potassium and Calcium

**Vitamins:** Vitamin C

**Fiber:** 4g per serving

**Calories** (1 cup sections): 85

**Calcium is good for your bones.**

## Tangerines

Bright orange in color, round and small with easy to peel skin

**In season:** September through May

**Vitamins:** Vitamin A, Vitamin C

**Fiber:** 4g per serving

**Calories** (1 cup sections): 103

**Tangerines are low in fat and sodium.**





# Florida Vegetables

Florida vegetables taste great and they are fun to eat. They also help you stay healthy.

## Cabbage

Round with leaves in purple or light green. It looks like lettuce but it is crunchier.

**In season:**

November through June

**Vitamins:** Vitamin A, Vitamin C, Vitamin K

**Fiber:** 2g per serving

**Calories** (1 cup): 28

**Vitamin A helps you see in the dark.**



## Celery

The long pieces with leaves at the end are called stalks.

**In season:** October through June

**Minerals:** Potassium

**Vitamins:** Folate, Vitamin K

**Fiber:** 2g per serving

**Calories** (1 cup, chopped): 16

**Folate is good for your blood. It helps babies and children grow.**



## Green beans (Snap beans)

The green crisp pods snap when bent.

**In season:** October through June

**Vitamins:** Folate, Vitamin A, Vitamin C, Vitamin K

**Fiber:** 4g per serving

**Calories** (1 cup, chopped): 34

**Fiber keeps your heart healthy.**



## Cucumbers

Dark green rind with white flesh.

**In season:** September through June

**Vitamins:** Vitamin K

**Fiber:** 1g per serving

**Calories** (1 cup, chopped): 16

**Vitamin K is good for your bones.**



## Tomatoes

A round or oblong red fruit

**In season:** October through June

**Minerals:** Potassium

**Vitamins:** Vitamin A, Vitamin C

**Fiber:** 2g

**Calories** (1 cup chopped or sliced): 38

**Tomato paste and sauces have the special ingredient lycopene. Potassium is good for your muscles.**





# Florida Vegetables

## Peppers, Green and Red

Green or red in color, bell shaped with 3 to 4 lobes.

**In season:** October through June

**Vitamins:** Vitamin A, Vitamin B6, Vitamin C, Vitamin K

**Fiber:** 3g

**Calories:** (1 cup green): 30

**Calories:** (1 cup red): 46

**Vitamin C keeps your bones and teeth healthy.**



## Sweet Corn

Yellow kernels surrounded by a green corn plant

**In season:** September through June

**Minerals:** Magnesium, Phosphorus

**Vitamins:** Folate, Thiamine, Vitamin C

**Fiber:** (1 cup): 5g

**Calories:** 177

**Magnesium is good for your heart and muscles. Phosphorus is good for bones and teeth.**



## Potatoes

Oblong shape, brown skin and white flesh

**In season:** November through June

**Minerals:** Potassium

**Vitamins:** Folate, Niacin, Vitamin B6

**Fiber:** 3g

**Calories:**

(1 potato, small): 130

**Vitamin B6 helps you think and stay calm.**



**Mushroom pizza is good for you!**  
**Riboflavin is good for your blood.**  
**Niacin gives you energy.**

## Mushrooms

A cap top in brown or white with a thick stem

**In season:** Year-round

**Minerals:** Niacin, Phosphorus, Riboflavin, Selenium

**Fiber:** 1g

**Calories:**

(1 cup sliced): 19





# How Much Do I Need?

1

**One cup of celery is**

- 1 stalk of celery
- 4 stalks of celery
- 2 stalks of celery
- 3 stalks of celery



**Circle  
the right  
answer!**



**One cup of oranges  
is the same as**

- 1 whole orange
- 3 whole oranges
- 2 whole oranges
- One half an orange

6

2

**One diced cup of cucumbers  
is the same as**

- 1 cup of cucumbers
- 3 cups of cucumbers
- 2 cups of cucumbers
- 4 cups of cucumbers



**One cup of strawberries  
is the same as**

- 12 large strawberries
- 8 large strawberries
- 9 large strawberries
- 10 large strawberries

7

3

**One cup of orange juice  
is the same as**

- A small glass of juice
- A large glass of juice
- A carton of juice
- Two small glasses of juice



**One serving of grains  
is the same as**

- 2 slices of bread
- One half slice of bread
- 3 slices of bread
- 1 slice of bread

8

4

**One baked potato  
is the same as**

- 1 cup of potatoes
- 2 cups of potatoes
- 1/2 cup of potatoes
- 3 cups of potatoes



**One serving of grains  
is the same as**

- 1 cup of oatmeal
- 2 cups of oatmeal
- One half cup of oatmeal
- 3 cups of oatmeal

9

5

**One cup of dairy  
is the same as:**

- 1 cup of yogurt
- 2 cups of yogurt
- 1 cup of yogurt  
and 1 glass of milk
- 3 cups of yogurt



**One serving of grains  
is the same as**

- 1 cup of rice
- 2 cups of rice
- One half cup of rice
- 3 cups of rice

10



# Nutrition Quiz

How much have you learned?

1

Like gasoline for cars, **calories** are \_\_\_\_\_ for your body.

6

A **fruit** or **vegetable** that helps fight bacteria is \_\_\_\_\_.

2

You need between \_\_\_\_\_ and \_\_\_\_\_ cups from the **milk group (dairy)** each day.

7

**Junk food** may have too much \_\_\_\_\_.

3

The **fruit** or **vegetable** that is good for your memory is \_\_\_\_\_.

8

No more than **1** out of **3** **calories** should come from \_\_\_\_\_.

4

A **fruit** or **vegetable** that has lycopene is \_\_\_\_\_.

9

**Whole grains** have more \_\_\_\_\_ than foods made from refined or enriched grains.

5

**Lycopene** may help prevent \_\_\_\_\_.

10

**Sugar** can make you \_\_\_\_\_ and rot your \_\_\_\_\_.





Florida Department of Agriculture  
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